

Guidelines

Running and respiratory tract infections

("flu" and "common cold")

Taking part in exercise while having an infection can be very detrimental to your health and can cause serious complications. Some of the viruses can affect the heart muscle (known as myocarditis), resulting in heart muscle damage and even sudden cardiac death. Please remember that other infections, such as measles and chickenpox affect the respiratory tract and your whole body. They are contagious and it is recommended that you do not exercise when you suffer from these illnesses.

There are very strict guidelines to assist you in preventing complications during running when you have symptoms of a respiratory tract infection.

Please take note that if you have any of the following symptoms of respiratory tract infections, it is recommended that you do **NOT** take part in exercise:

- Fever
- General muscle pains
- General joint pains
- Chest pain
- Increase in your resting pulse rate
- Shortness of breath (more than usual)
- General tiredness (fatigue) that is more than usual
- Severe sore throat
- Swollen and painful lymph nodes in your neck

If you have any of these symptoms we suggest that you do NOT train or race, and consult your doctor for further advice and treatment.

At the race registration (Expo) there will be medical staff to assist you if you do have any of these symptoms. The staff will be able to offer advice on running and respiratory tract infections.

When can you resume running after a respiratory tract infection?

It is suggested that you can return to running after a respiratory tract infection only when all your symptoms have disappeared and you feel well again. If you are not sure, please have an evaluation by a qualified medical doctor. In some mild cases where your symptoms are only in the upper respiratory tract (no generalized body symptoms) your doctor may allow some form of low-moderate intensity exercise.